



Na ngandamnak ca lamhruaitu cauk



International Rescue Committee
Maryland's Health Program

A chung ummi konglam

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1. Ngandamnak he pehtlaih in theihernak

United States in kan don. Maryland in kan don.

Na ra phan khawh caah kan ni lawm ngai.

Mah cauk nih U.S. ih ngandamnak le sii lei an zohkhenning theihawk ah an bomh lai.



2. Khamnak

Khamnak ti cu zei dah a si?

Khamnak ti cu thil a cang hlan in kham a si.



- Ruah lak ah cin lo nak ding ah nithawng hman a hau.



- Rawl a uih nak in kham ding ah rawl chiah nak tikhalkuang (refrigerator) sung ah na chah a hau.



- **Zawt nak in kham awk ah siibawi sin na kal a hau.**

3. Khamnak in Ngandamnak lei zohkhennak

Khamnak in Ngandamnak lei zohkhennak cu damlonak leh zawtnak hrialawk ah hman hman in sii lei zohkhennak le ngandamnak ca a tha mi umtuning asi.

Khamnak caah sii lei in tuaktanpiakmi hna:

- Ahmai sa bik zawt nak nei maw nei lo ti hlathlainak (Umnak pek tthannak pwl ih ngandamnak zohnak)
- Siichunh in zawtnak in luat ter nak (kakwe sii chunh)
- Hmanhman in ngandamnak i cek nak
 - Kumchair in ngandamnak ceknak
 - Adamttha mi nu siawkah ceknak
 - A damttha mi hngakchia siawk ah ceknak



4. Ngandamnak ca Khonnak/ Health Insurance

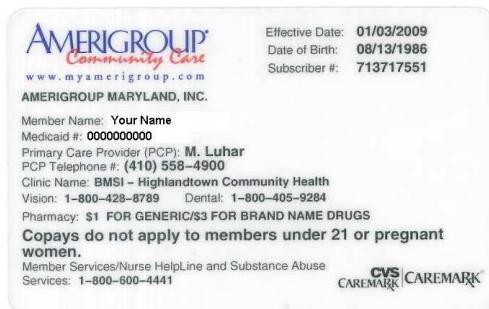
Ngandamnak ca khonnak nih sii lei zohkhennak ca ih a dih mi phaisa liam awk ah aa bawm ngai.

- Siibawi he ton nak
- Sii
- Siizung tthu nak, Operation tuah nak

Ngandamnak ca Khonmi nih **ngandamnak ca na dih mi** dik lak si lo zawng ah a cheu khat an liam piak.

Ngandamnak ca **Khonnak Katpia/ Insurance card** na ngei lai.

Na Katpia cu siibawi sin na kal, sii na cawk, siizung na kal poh ah na put peng lai.



U.S ih na um hmaisa thla 8 chung cu na ngandamnak ca khonnak cu Maryland Medical Assistance and HealthChoice nih an pek lai.

Na kong lam khuakhantu nih ngandamnak lei tuaktannak **HealthChoice Health Plan** thimh nak ah bomhnak an pek lai (Managed Care Organization or MCO ti zawng an auh tawn):

- Amerigroup
- Maryland Physicians Care
- Priority Partners
- United Healthcare

Na thla 9 nak ah na ngandamnak ca aamahkhan dang na sok/kawl a hau lai.

Na kong lam tawlrektu nih nangmah leh na inchungkhar ca ah a thabik ngandamnak ca aamahkhan sok/ kawl khawh nak ding ah hngalhternak he an pek lai.

5. Na Siibawi



US ah cun “nangmah” or “na inchungkhar” zohkhentu siibawi na ngei lai.

Mahbantuk siibawi cu hmaisabik zohkhennak na pek tu **Primary Care Provider (PCP)** ti ah an kawh.

Na zaw a si ahcun na siibawi he na ni hmu lai.

Khamnak ca ah sii lei a herh mi ca ah na zaw lo zong ah na siibawi he na ni hmu lai.

- Tahchunnakah: Adamttha mi nu sikhawhnak ah cek nak, Adamthami hngakchia sikhawhnak ah cek nak, hmanhman in ceknak, Siichunh in zawtnak in luat ter nak (kakwe sii chunh)

Na ngandamnak he aa pehtlaih mi tamdeuh ah cun na hmaisabik an zohkhentu **Primary Care Provider (PCP)** he na hmu hmaisa lai.

6. Paraku/Hleikhunthiammi

Paraku cu a tak tak ngandamnak kong (a si lo ah zong) taksa ruangpum ka dang dang he pehtlaih in a hleikhunthiammi siibawi asi.

- Operation tuah na hau tik ah *Surgeon sin ah na kal lai*.
- Nu lei (si lo zong ah) nau ngei ding na si ah cun *Obstetrician/ Gynecologist (OB/Gyn)* sin ah na kal lai.
- Hngakchia na ngei si ah cun *Pediatrician* sin ah an kal lai.
- Na lung cek na duh si ah cun *Cardiologist* sin ah na kal lai.

Na hmaisabik zohkentu nih paraku sin ah kal na hau a si ah cun hleikhunthiammi sinah **thlahnak** ca an pe lai.

- **Thlahnak ca** ih chimh duh mi cu a dang siibawi sin ah na kal khawh ti nak a si.
- **Thlahnak ca** Paraku sin ah na put hrimhrim awk ah ttial mi ca a si.

A tang lei ih Paraku hna sin ah cun na Hmaisabik Zohkhentu sin in thlahnak ca **a hau lo**:

- Ha siibawi
- Mit siibawi (Ophthalmologist or Optometrist)
- Thluak lei zohkhentu (Psychiatrist or Therapist)



7. Sii

1. Khihhmuhmi Sii

Sii na herh a si ah cun na siibawi nih **Khihhmuhnak** an pek lai.

- **Khihhmuhnak** cu sii hmin hna ttial mi catlep te a si.

Siidawr ah na kal lai.

Siizuartu sin ah na catlep te na pe lai.

Siizuartu nih sii an pek lai.

Mah sii cu ngandamnak ca khonnak in pek a si tawn. Aman tam tuk lo mi sii min phun pawl ca ah Ngandamnak ca Khonnak in an pek tawn.

Sii tampi cu min pakhat hnak ih tam an ngei.

2. Khihhmuh hau lo mi Sii / Counter Cung ih Sii

A cheu sii hna cu khihhmuh hau lo in cawk khawh a si:

- Lu fak ca ah
- Pum fak ca ah
- Khuhkhuh le cumpi ca ah
- Riamhma caah



Mah bantuk sii hna cu siidawr si lo ah zawng eidin thil phunphun cawknak ah na cawk khawh.

Mah ban tuk si ca ah ngandamnak ca khonnak in pek piak a si lo. Phaisa he na cawk a hau.

A cheu ngandamnak ca khonnak nih khihhmuh hau lo mi sii min phun phun khat ca ah a lak si ding in special prokram an ngei tawn.

- Tahchunnak ah, na ngandamnak ca khonnak nih “Ibuprofen” (sii min phun) a cuang ning Advil (brand) ca ah an pek zawng a si khawh.

Na konglam tawlreltu si lo zawng ah na siibawi sinah mah bantuk prokram ca ah na hal lai.

Sii he pehtlaihin zeidah na tuah lai ti chimhnak

Sii cu a mu lo ah cun a ti zong a si khawh.

Sii bawi or siizuartu nih zeitindah sii na din la ti an chimh lai.

Na theih awk:

- Sii mu/ ti zei zat dah ka din lai.
- Ni khat ah awi zat dah
- Chun zei can ah dah na sin na din lai.
- Ni zei/ zarh zei zat dah sii din a hau lai

Caan saupi chung sii din ding a herh a si ah cun Khihhmuhnak ca zong a **rawntthan** lai.

Rawntthan - na siibawi sin in kihhmuhnak ca a thar herh ti lo in siizuartu nih sii an chapbelh lai.

- Na sii palang ah veizeizat dah rawntthan awk a ttial.
 - Mah veizeizat ti mi nih na siibawi sin kal awk hau lo in sii na cawk khawh nak can a si.
- Rawntthan 0 a si ah cun sii chap awk ah na siibawi na hmuh a hau.
- Na siibawi nih sii chap awk ah kihhmuhnakca a thar an pek than lai.



8. Ngandamnak lei pehtlaih in I ton nak

Na siibawi he ton ding ah zeitindah prokrem na suai?

- Siikhan or siibawi zungkhan ah na chawnh / len lai.
- Na kong theiternak na chimh a hau lai:
 - Min
 - Address
 - Phone Number
 - Na chuak kum
 - Social Security Number
 - Health Plan/Insurance
 - Na siibawi min
 - Zeicaah siibawi ton na hau
- Nan holh in an **let piaktu** ding na auh lai
- Na ngandamnak ca khonnak(health insurance) an cohlan maw ti na hal lai
- Nan i ton nak ah phaisa pek a hau maw ti zong na hal lai.

Ngandamnak he pehtlaih in I tonnak ah biapingaimi theiternak

- Nangmah leh na inchungkhar ih ngandamnakhe pehtlaih in I tonnak nanngei mi vialte cinken awkah calendar pakhat nan chiah lai.
- Minutes 30 tuan deuh in na phan lai.
- Na zuk, Insurance Card le **thlahnakca** (referrals) na put lai.
- Holh leh piaktu na herh a si ah cun na hal **peng** lai.
- I tonhnak ah na kal khawh lo ding a si ah cun, caan a kim hlan nazi 24 ah na chimh lai.
- Na inchungkhar pakhatkhat a silozong ah na hawi le nih nan I tonnak ah an zulh zong a si lai.

I tonnak nanneih ah zei thil dah a hung um lai?

- Na saan ning, na rit ning, nataksa kiklum ning, thi tlawmtam cek an si lai.
- Siibawi/ nurse nih nangmah leh na inchungkhar ih ngandamnak kong an hal lai.
- Na thi le na zun zohchunawk ah na pek zong a hau kho.
- **Nangmah leh na inchungkhar ngandamnak he pehtlaihin hal awk/lungretheinak na ngei a si ah cun na siibawi kha hal ko.**

9. Sii chunh in luatternak (Kakwesii chunh nak)



Sii chunh in luatternak (Kakwesii chunhnak)nih zawtnak in a kham.
Kakwesii cu taksa chung ah tthim in sii chunh a si.

Hngakchia dih lak leh upa dih lak in Kakwesii chunh an hau.
Kakwesii vei tampi chunh na ing lai.

Ramdang ah kakwesii na chunh cang zong a si men lai, US ah tam chinchin na chunh a hau lai.

Nangmah leh na inchungkhar ih kakwesii nan chunhnak nan khumhawk ah a biapi ngai.

Kakwesii chunh nak ni dih lak in khumh awkah calendar pakhat nan chiah lai.

Kakwesii chunh awkah zeitik hmanah nan luat lai lo!

10. Zohchumhawkah lak mi thi

A caancaan te ah na siibawi nih “thi” a herh lai.

Mah thi cu **Zohchumhawkah lak mi thi** ti ah an auh.

Thi cu zawtnak um le umlo hlathlainak ah an hneksak lai.

Siibawi / nurse nih tthim he na ban ih thi an lak lai.

Thi cek tu siibawi nih a hneksak lai.

Na siibawi nih a phi chuakmi an chimh lai, caan tlawmpal te a rau men lai.



11. Zohchunhawkah lak mi Zun

A caancaan te ah na siibawi nih na “zun” a herh lai.

Mah zun cu **Zohchumhawkah lak mi zun** ti ah an auh.

Mah zun cu zawtnak um le umlo hlathlainak ah an hneksak lai.

Nurse nih palang te an pek lai.

Tikholhnak khan ah na lut lai.

Palang te chung ah zun na zung lai.

Nurse/ siibawi sin ah na pek lai.

Special siibawi nih a hneksak lai.

Na siibawi nih aphi a chuak mi an chimh te lai, can tlawm palte a rau kho.



12. Zohchunhawk ah lak mi Ek

A caancaan te ah na siibawi nih na “ek” a herh lai.

Mah ek cu **Zohchumhawkah lak mi ek** ti ah an auh.

Mah ek cu zawtnak um le umlo hlathlainak ah an hneksak lai.

Nurse nih palang/ bu te an pek lai.

Na ttin lai.

Tikholhnak khan ah na lut lai.

Na ek tlawmpalte kha palang chung ah na chiah lai.

Nurse/ siibawi sin ah na pek lai.

Special siibawi nih microscope tang ah a cek la.

Na siibawi nih a phi a chuak mi an chimh te lai, a can tlawmpalte a rau zawng a si kho.



13. Ngandamnak lei zohkhenning a phunphun

Khamnak in zohkhennak

- Zawtnak le hliamnak kham awk ah hman hman si lei zohkhennak / thlopbulnak tuahtawn a hau.

Hnu zulh tthan mi zohkhennak

- Sii in thlopbulnak hei chap ahau maw silo ah hneksaknak a phi zoh tthan awkah maw na siibawi he I ton tthan nak.
- Office in na chuak hlan ah hmai lei I ton tthan nak ding prokram suai a si lai.
- Nan I ton tthan nak ding a ni le a caan thaten na cinken lai.

A ran nak ih a herh mi zohkhennak/Urgent Care

- Zawtnak le liamnak (i.e. hliah I ilh, dangfak, takpum sa) ca ah a rannak ih sii lei zohkhennak.
 - **Na zaw maw, na liam a si ah cun na siibawi he I hmu ding ah prokram na suai lai.**
 - Na zi 24 maw, ni tlawm pal te chung ca ah nan ni ton nak ding prokram suai khawh a si.
 -

Emergency / Lakhruak thilcan Zohkhennak

- Nunnak he aa pehtlaih mi maw a fak tuk mi hmuhchunhnak ca ah a ran nak ih sii lei zohkhennak a si
 - **A nai bikmi siizung ih Emergency Department ah na kal lai, siizung na kal khawh lo a si ah cun 9-1-1na hmet lai.**

14. Siikhan



Siikhan cu na zaw tik ah na siibawi/ hmaisabik an zohkhentu/Primary Care Provider sin ih na kal nak le na dam lio zawng ah hman hman khamnak in zohkhennak na ngah nak ngandamnak he aa pehtlaih mi center a si.

Siikhan cu siizung hnak in a hme le mizaw zawng tlawmpal te an si hlei ah zan it zong a ngah lo.

Na siibawi/ Primary Care Provider ton ding ah siikhan maw siibawi ih zungkhan maw na kal la.

- Hmanhman I tonnak ca ah
- Na zaw can ih I tonnak ah
- Kakwesii chunh nak ca ah

Na siibawi siikhan ih na ton nak ding ah prokram na suai a hau lai.

15. Siizung

A cheukhat na ngandamnak ca ah **Siizung** na kal a hau men la.

- Lakhruak thilcan mi caah
- Paraku/ Specialist he itonnak ca ah
- Ahleice ih siilei zohkhenawk a hau mi ca ah

Tahchunhnak ah:

- Hlaihliamnak/Operation
- Nau na ngei a si zawng ah

Na **Doctor** /Primary Care Provider nih Specialist sin ah maw, siizung ah maw kal awk ah an hlat lai.

Emergency asi ah cun siizung ah direct in kal ko.



16. Ngandamnak lei Emergency

Emergency ti cu zei dah asi?

Emergency cu a **rannak** ih zohkhen a hau mi biapi ngai mi harnak/ zawtfahnak asi, asi lo ah cun a zual chin lai ih na nunnak an ngandamnak ca ah zawng a ttih nung tuk.

- Na ruh na khiah asi ah
- Lungtor zawtnak na intuar ah
- Na thawchuak a har ah



Emergency can ah zeidah na tuah lai

- A nai bik siizung ah a ran nak in na kal lai
 - **Emergency Department/** khan ah na kal lai
 - **Emergency Siibawi / Nurse** nih an zoh khen lai
 - Sizung ah na kal khawh lo a si ah cun
 - **9-1-1** na auh lai
- Na kong an hal lai:
- ✓ Na min
 - ✓ Address/ na umnak
 - ✓ Phone Number
 - ✓ Na emergency cu zei dah asi?
- Mizaw phawrhnak mawtaw na in ah a ra la.
 - Sii lei Emergency zohkhentu (EMT) hna nih na harnak/zawtnak he pehtlaih in an chawnh lai.
 - A ran nak in sii lei zohkhennak na herh a si ah cun mizaw phawrhnak mawtaw he siizung ah an phawrh lai.



Siizung na kal tik ah Health Insurance card na put peng lai.

17. A biapi mi Phone Numbers

Emergency Phone Number: **9-1-1**

Sii khan: _____

Hmaisabik anzohkhentu / Doctor: _____

Siizung: _____

Sii zuarnak dawr: _____

Mit lei Siibawi: _____

Ha Siibawi: _____

Na biakong an tawlrelniaktu: _____

Emergency auhawk: _____

18. Biafang fian ternak/Glossary

Clinic	Siikhan cu na zaw tik ah na siibawi/ hmaisabik an zohkhentu sin ih na kal nak le na dam lio zawng ah hman hman khamnak in zohkhennak na ngah nak ngandamnak he aa pehtlaih mi center a si.
Emergency	A biapi ngai mi harnak/ zawtfahnak rannak ih zohkhen a hau zei ca ti si ah cun na nunnak an ngandamnak ca ah zawng a ttih nung tuk.
Emergency Department	Ngandamnak lei emergency hna zohkhen nak hmun Siizung ih area pakhat a si.
Health Insurance	Siizung umnak man, sii man, siibawi itonnak man tiban tuk sii lei I zohkhen nak ah a dih mi a dih lak maw silo zawng ah a cheu khat pek awk ah an bomh nak prokram.
Siizung	Mizaw hna nih a rannak ih zohkhen nak an hmuu nak hmun, le zan an riah khawhnak hmun.
Immunization	(Vaccination) An injection which allows the body to avoid certain illness and disease.
Medical Bill	Sillei an I zohkhennak ca ah liam awk ah na ttial mi cahnah.
Sii zuarnak dawr	Na din awk si an ttial piak mi cawk/ ngah khawh nak hmun.
Primary Care Provider (PCP)	Na zaw tik ah an zohkhen tu le khamawknak ih zohkhennak ah a hmaisa bik nah mu ding mi sii bawi.
Prescription/ kihhhmuhnak ca	Sii na herh caan ah na siibawi nih an pek mi catlep.
Khamnak in Ngandamnak lei zohkhennak	Damlonak leh zawtnak hrialawk ah hman hman in sii lei zohkhennak le ngandamnak ca a tha mi umtuning
Referral/ hlahnakca	Primary Care Provider (PCP) / na siibawi nih Specialist/ paraku na ton khawh nak ah an thlahnak ca.
Refill/ Rawntthan	na siibawi sin in kihhhmuhnak ca a thar herh ti lo in siizuartu nih sii an chapbelh lai.
Specialist/ Paraku	A tak tak ngandamnak kong le taksa ruangpum ka dang dang he pehtlaih in a hleikhunthiammi siibawi asi.

19. Upa Kakwesii chunhning prokram

UPA KAKWESII CHUNH PROKRAM CAZIN		KAKWESII CHUNH NI		
VACCINE/ KAKWESII	SIICHUNHNNAK ZAT (VEIZEIZAT)	NO	THLA 1	THLA 6
Hepatitis B (HBV)/ Thinphinzawtnak B	3	✓	✓	✓
Measles, Mumps, Rubella (MMR) Hmaihiu, Biangpawr Zawtnak	2	✓	✓	
Varicella (Chickenpox)/ hmaihiu	2	✓	✓	
Diphtheria, Tetanus, Pertussis (DTaP, Td)/ or fah, kha ruhlar zawtnak	3	✓	✓	✓
Polio (IPV)	3	✓	✓	✓
Pneumoccal/ cuap lei ca ah	Kum 7-10 chiar ah	✓		
Influenza/ cumpi tlang rai	Kum chiar	✓		

- Green Card na ngah khawh nak ah Kakwesii chunh na dih hrimhrim a hau
- Kakwesii chunh na dih khawh nak ah thla 6 a rau men lai.

Hngakchia le zawng a cheu kakwesii an chunh hrimhrim a hau. Na fale sibawi nih kakwesii an chunh awk an chim te lai.

- Hepatitis B/ thinphinzawtnak B
- Diphtheria/tetanus/pertussis (DtaP)/or fah, kha ruhlar zawtnak
- Haemophilus influenzae type B (Hib)/ tuelun ttukkwe
- Pneumococcal (PCV) /cuap lei caah
- Polio (IPV)
- Influenza (flu)/ cumpi tlang rai
- Measles/Mumps/Rubella (MMR)/ hmaihiu/biangpawr
- Varicella (Chicken Pox)/ hmaihiu
- Hepatitis A/ thinphin zawtnak A
- Meningococcal/ thluak le kengthahri a tuamtu a naang phin zawtnak

20. A Damtthami Hngakchia Cek nak Prokram

A damtthami Hngakchia cek nak – Na hngakchia ih a tthan chonak le kakwesii chunh nak kha ngiatthlai leng mang a hau.

Hngakchia Kum	Ceknak Ni
Zarh 1	
Zarh 2	
Thla 2	
Thla 3	
Thla 4	
Thla 6	
Thla 9	
Thla 12	
Thla 15	
Thla 18	
Kum 2	

Kum 2 cung lei Hngakchia cu kum khat awi khat cek leng mang a hau.



21. Zeitindah Telephone in I tonnak ding kong na chimh lai

Nangmah: Hello, Ka min cu _____.

Dr. _____ ih mi zaw thar ka si.

Zangfahnak te in I tonnak ka duh.

Siihan: Ngahtuk, na health insurance cu zei dah a si?

Nangmah: Keimah cu _____. (Amerigroup, Priority Partners, Maryland Physicians Care, United Healthcare, Medicaid)

siihan: Zeicaah dah siibawi ton na herh?

Nangmah: _____ he ka zaw le siibawi ton zokzok ka herh

-si lozawng ah-

Ngandamnak check-up tuah ka duh le.

siihan: OK. Zeitika ah dah na ra khawh la?

Nangmah: _____ (ni) ah can na ngei hnga maw?

Siihan: Aw, _____ (ni) _____ (caan)ah kan ni tonlai .

Nangmah: Zeidah ka ra put lai?

Siihan: Na health insurance card, Medical Assistance card, na zuk le sii lei he a pehtlaih mi na ca dihlak.

Minutes 30 tuandeuh in na ra phan lai.

_____ (ni) ah kan ni hmu lai.

Good-bye

Nangmah: Okay, Kailawm! Good-bye!

**22. Personal Health Information/ Pumpak he a pektlaihmi
ngandamnak I theihternak**

SII NA DIN LIO MI CAZIN

INCHUNGKHAR IH ZAWNAK KONG	
INCHUNGKHAR MEMBER	ZAWNAK PHUN

23. Sii Iei I Zohkhennak Record ca

24. Sources

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